

Are You a Good Listener?

Take this assessment to find out.

<i>Attitudes</i>	<i>Almost Always</i>	<i>Usually</i>	<i>Occasionally</i>	<i>Seldom</i>	<i>Almost Never</i>
1. Do you like to listen to other people talk?	5	4	3	2	1
2. Do you encourage other people to talk?	5	4	3	2	1
3. Do you listen even if you do not like the person who is talking?	5	4	3	2	1
4. Do you listen equally well whether the person talking is a man or woman, young or old?	5	4	3	2	1
5. Do you listen equally well to friend, acquaintance, stranger?	5	4	3	2	1
 <i>Actions</i>					
6. Do you put what you have been doing out of sight and out of mind?	5	4	3	2	1
7. Do you look at him?	5	4	3	2	1
8. Do you ignore the distractions about you?	5	4	3	2	1
9. Do you smile, nod your head, and otherwise encourage him to talk?	5	4	3	2	1
10. Do you think about what he is saying?	5	4	3	2	1

<i>Attitudes</i>	<i>Almost Always</i>	<i>Usually</i>	<i>Occasionally</i>	<i>Seldom</i>	<i>Almost Never</i>
11. Do you try to figure out what he means?	5	4	3	2	1
12. Do you try to figure out why he is saying it?	5	4	3	2	1
13. Do you let him finish what he is trying to say?	5	4	3	2	1
14. If he hesitates, do you encourage him to go on?	5	4	3	2	1
15. Do you restate what he has said and ask him if you got it right?	5	4	3	2	1
16. Do you withhold judgment about his idea until he has finished?	5	4	3	2	1
17. Do you listen regardless of his manner of speaking and choice of words?	5	4	3	2	1
18. Do you listen even though you anticipate what he is going to say?	5	4	3	2	1
19. Do you question him in order to get him to explain his idea more fully?	5	4	3	2	1
20. Do you ask him what the words mean as he uses them?	5	4	3	2	1

Total Score _____

If your score is 75 or better, you are a **good listener**.

If your score is 50-75, you are an **average listener**.